

Menu Ideas

Dinners	Lunches	Breakfasts
		Snacks

Grocery List

Before you shop, note the brands and package sizes of the WIC foods you plan to buy.

		Brand	Size
Fruits, Vegetable & Juice	Fruits		
	Vegetables		
	100% Fruit Juice		
Dairy	Eggs		
	Milk		
	Cheese		
	Soy Beverage		
	Yogurt		
Proteins	Canned Fish		
	Peanut Butter		
	Dried/Canned Beans		
	Tofu		
Whole Grains	Breakfast Cereal		
	Bread		
	Tortillas		
	Brown Rice		
	Whole Wheat Pasta		